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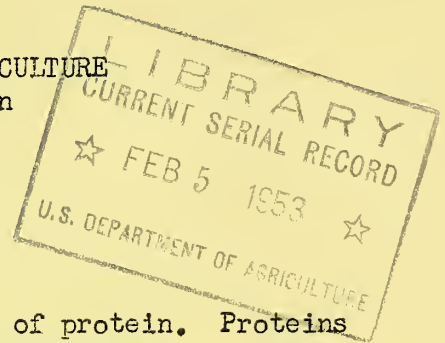
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FAMILY LIVING

90
Bulletin No. 26
November, 1952

File: 6-F7

UNITED STATES DEPARTMENT OF AGRICULTURE
Farmers Home Administration
439 New England Building
Topeka, Kansas



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Meat is essential in a diet as an important source of protein. Proteins are very necessary because they build and repair body tissue.

Processing, storage and cooking bring about some nutritive losses in meat. Both temperature and length of treatment influence the extent and kind of losses.

Meat shrinks when cooked; it loses water through evaporation, and some of the fat, minerals, B Vitamins and protein are left in the drippings. More B is destroyed by long cooking than by shorter cooking methods.

Freezing does not alter nutritive values, but losses result if drip from thawed meat is not used.

From a 1,000 pound steer we receive approximately:

- 87 pounds of loin
- 78 pounds of round steak
- 163 pounds of roasts
- 88 pounds of boiling or stew beef
- 22 pounds of ground meat
- 50 pounds of boneless stew, and
- 40 pounds of fat trimmings

We so often hear a family say they cannot afford to butcher a beef, but with the present day retail prices of beef it is the most economical method to insure the family of an adequate meat diet. In other words with most borrower families if beef must be purchased, it simply cannot be served very often, and then only in small portions. A 3-ounce serving of cooked beef chuck (bone out) provides a little less than one-third of the protein and almost one-fourth of the iron and niacin recommended by the National Research Council as the daily allowance for a physically active man.

Families should butcher both beef and pork, produce their milk, eggs, poultry and butter--thus having available cash for the purchase of fruits and vegetables because of the low garden productivity this year.

THE UNIVERSITY OF CHICAGO
DEPARTMENT OF CHEMISTRY
JANUARY 1954
J. H. D. J.

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